

Chocolate Sauce -

$1\frac{1}{2}$ cups of sugar (b. or w.)

$\frac{3}{4}$ " cocoa

2 " water.

Cook these to-gether.

Cottage Pudding

$\frac{1}{4}$ c butter (4 tsp.)

$\frac{2}{3}$ c sugar.

1 egg.

1 c. milk (water + skim.)

$2\frac{1}{4}$ c flour.

$\frac{1}{4}$ tsp. baking powder.

$\frac{1}{4}$ tsp. salt.

Cream butter, add sugar gradually
+ egg. Mix flour, B.P. + salt +
add alternately with milk. Bake +
serve with choc. sauce or butterscot. sauce.

Pineapple Upside down Cake.

Mix batter as for cottage pudding.
Line a deep pie tin with 3 sugar
+ slices of pineapple. Spread batter
over this + cook in oven.

Serve plain or with butterscotch
sauce made out of pineapple sauce.

Hawaiian Islands. -

But. thick slices of bread -
butter both sides well. Fry in hot
pan until nicely brown.

Serve hot with slice of
cold pineapple & spoonful of red jam
or jelly in centre. (easy to prepare.)

Butter scotch pie (2 pies)

Filling -

$\frac{3}{4}$ c. b. sugar.

$\frac{1}{2}$ " flour.

salt.

8 tbsp. klm (dried)

3 " butter

2 eggs.

2 c. water.

Heat water, add sugar, flour,
klm & salt. Mix stirring constantly.
Cook until starch taste disappears
(about $\frac{1}{2}$ hr.). Add beaten eggs & which
has been added some of the mixture
that has been cooked.

Pie crust (for 1 pie)

1 c. crumbs.

$\frac{1}{4}$ c. butter.

$\frac{1}{4}$ " sugar.

Crumbs from dried bread. Mix
these all to-gether & press into bottom
& sides of pie tin.

Bake crust in oven until brown,
use bread cookies or graham wafers.
crackers

Chocolate Pudding or Pie (10-12)

4 tbsp. cocoa.

6-8 " corn starch.

1 c. dried Krim.

$\frac{2}{3}$ c. br. sugar.

$\frac{1}{4}$ tsp. salt.

4 c. water.

Mix to a smooth paste & cook until thick. Stir constantly & let it boil & cook.

Pancakes (for 10-12)

6 c. flour.

3 tbsp. baking powder.
salt.

$\frac{3}{4}$ c. dry Krim.

Thin with water to a smooth paste.

Heat frying pan hot & grease very slightly before pouring batter. Use a c. & dip with! Serve with syrup, or jam or sausage.

Syrup (10-12)

1 cup water.

2 " br. sugar.

$\frac{1}{4}$ tsp. salt.

Boil until thick enough.

Twisters - (5 or 6 people)

2 c. flour

4 tsp. baking P.

$\frac{2}{3}$ c. milk or water

1 tsp. salt

2-3 " shortening

Sift flour, B. P. & salt. Cut in shortening with knife or fingers. Add liquid slowly to form stiff dough. Use a fork to mix quickly, but very little. Double into about 10 pieces.

Cut green sticks about 1-2" in dia. Peel down to 6" - heat. Tightly flour them. Twist dough around stick in a spiral form, or a solid mass. Bake over hot coals. Fill with butter & jam.

Biscuits -

The "twister" recipe may be used. Add more water or milk so that the mix. will drop from a spoon.

Gummy Cake (corn bread for 5) -

$\frac{1}{2}$ c. corn meal
1 c. flour.
3 tsp. B. P.
1 tsp. sugar.
1 " melted fat.
 $\frac{1}{2}$ tsp. salt.
 $\frac{3}{4}$ c. salt
 $\frac{3}{4}$ c. milk.
1 egg.

Brown Sugar Pudding - (for 10) -

10 slices Br. bread.
Butter.
 $\frac{1}{2}$ c. Brown sugar.
4 "s milk
2 eggs
1 tsp. salt.

Spread the bread on both sides.
Dice (cut small) & roll each piece
in brown sugar - put in baking dish.
Cover with milk mixed with egg (beaten),
salt & remaining sugar. Bake 40 mins.

Beverages.

Tea - Boil water. Add tea while water is boiling. Remove from fire & keep in a warm place away from fire. (Leave lid off until water boils hard.) Cover as soon as tea is in. Stir & settle - one good tap. ^{9th} & pint.

Tea or coffee may be put in small cheese-cloth bags.

Coffee - Put coffee in pot with cold water. 1 tbsp. & pt. When water begins to bubble remove from fire and let stand 5 mins. Settle grounds with a tbsp. - $\frac{1}{2}$ cups cold water. Do not let coffee boil.

Cocoa - 1 tbsp. to 1 cup }
 " sugar } 1 cup cocoa
 2 tbsp. Klim

This cocoa, sugar & Klim together until no lumps are left. Mix with water to make a smooth paste. Cook this over fire for about 2 mins. Stir while cooking. Be careful not to burn. Add water and bring to boil.

Condensed Milk -

1. for cereal, tea, etc.
 $\frac{2}{3}$ water, $\frac{1}{3}$ condensed milk.
2. for coffee - leave whole.
or $\frac{1}{2}$ water, $\frac{1}{2}$ milk.

Klein - (dried milk)
4 tbsp. & 1 cup water.

Pack for 2 People. - 2 days.

- 2 pers. flannellette pyjamas
- 2 " extra socks.
- 2 " shoes - light.
- 2 towels.
- 2 tooth brushes - in cases.
- 1 soap - in case.
- 1 tooth paste.
- 1 nail file
- 2 combs
- 1 flashlight - attach to belt or in pack.
- Kleenex - loose.
- 2 extra sweaters - light.
- 2 light raincoats.
- 2 bathing suits
- 2 caps.
- 2 light blankets - 4 for fall.
- 2 or 3 ground sheets.

Wear -

beret
bandana
blanket pins
flannel shorts
dark shirt - flannellette.
heavy shoes.
sweater.

lay blankets out flat & fold in 3 to middle. lay things flat & fold whole up 1/3.

Council Fire.

Purpose.. To produce illumination in the camp circle without discomfort to those sitting in the circle.

Method.. The council fire must be easily started and must give a steady bright light. In summer must give as little heat as possible so circle can draw close and not be uncomfortable, it should be fairly small. If heat is wanted, build it larger. Lay parallel two sticks about three feet long. Upon these build a log cabin to height of about $2\frac{1}{2}'$, tapering the pile toward the top so that as it burns it will not fall apart. The small wood & tinder may be laid either under or on top of the 2nd layer of sticks. Dry winter-seasoned wood is necessary if the council fire is to burn brightly.

Cooking Fire.

Monte's

Purpose.. To provide a steady fire for cooking several dishes at one time.

Method.. Place two green or sound logs 6" apart or in a V-shape, with the spread ends toward the prevailing wind about 7' apart. The other ends about 4" apart. Level off ^{tops of} logs if you choose. Level off logs is 18

Build either a crisscross fire on top of the logs & drop down between them when burned to coals, or a fire between the logs with fagg sticks, kindling & hard wood sticks. Cooking vessels can span the narrowed end.

Open French Fire.

Purpose:-

To conserve heat & fuel. Used with comfort in hot w. & with safety in windy w.

Method:-

Dig trench in line with prevailing wind, having windward end twice as wide as pots, etc. to be used, & gradually narrowing toward other end to a width that will support utensils. Dig narrow end, which is away from wind, about 1' deep, gradually sloping trench upward toward the wide end to a depth of 6". The walls may be lined with flat stones.